

MOWG 7th CTG Packing List

- Current CAP membership card (must be valid and up to date by encampment)
- Photo Id (needed to get through the gate at Fort Leonard Wood)
- Personal medications
- Medication form completed and signed by parent (to be turned in at check-in)
- CAPF 32 (to be turned in at check-in)
- Hold Harmless Agreement (to be turned in at check-in)
- **Any forms not previously sent in or that have information that has changed since originally submitted**

Short Sleeve Blues Uniform items

- 1-2 short-sleeve blue uniform shirt, with epaulets. Princess cut (over blouse) is allowed for females.
- 1-2 sets of grade insignia
- 1 name plate
- 1 set of ribbons (Worn only at Graduation)
- 1-2 pair blue uniform trousers (or slacks for female). Females-if wearing tuck-in blouse, pants must have belt loops and a belt must be worn; skirt also allowed
- 1 blue belt with shiny buckle and tip
- 4 white t-shirts, V-neck type.
- 1 blue flight cap with CAP enlisted hat device
- 1 pair black low-quarter leather or Corfram uniform shoes. Females-heels are not allowed
- 4 pair of black dress socks
- 1 pair shirt garters (Recommended that they are ones you are familiar with using); not worn with skirt

Battle Dress Uniform items

- 1 pair of well-fitted BDU boots, all-leather or leather with black or olive green mesh (Note: Break in new boots before encampment – wearing brand new boots will guarantee blisters)
- 1 BDU Cover
- 1-2 BDU blouses (2 recommended), with name tape, CAP tape, American flag, and wing patch sewn on
- 6-8 pair of boot socks, Black,(wool preferred for moisture absorption)
- 1-2 BDU trousers (2 recommended)
- 1 pair of CAP Grade Insignia (may be interchanged with Grade Insignia on Blues; but two separate sets recommended)
- 1 belt, blue with black tip and black open faced buckle (Tip must be metal)
- 7 Black t-shirts
- Note: material of blouse, pants, and cover must match

Physical Training Uniform items

- 2 pairs of shorts, black or blue (No shorter than 4 inches above the knee)
- 1 pair sweatpants (Recommended)
- 1 pair running pants (Recommended)
- 1 sweatshirt (Recommended)

- 7 pairs of socks, white
- 1 pair of shoes, athletic, running (Arches for heel support, recommended)

Other clothing and personal items

- 8 pairs of underwear
- 5 bras (females – any combination of bras/sports bras)
- 1 civilian t-shirt and jeans/shorts, IN GOOD TASTE AND GOOD REPAIR
- 1 pair civilian shoes

Bathing and hygiene items (bring a 7 day supply)

- 1 razor (with case/holder) (if needed)
- 1 can of shaving cream (if needed)
- 1 toothbrush with toothpaste
- 1 bottle of shampoo
- 1 comb or brush
- Females: gel/hairspray/hairnet/pins – whatever used to put your hair up daily; must be in accordance with CAPM 39-1 (Uniform manual)
- 1 deodorant
- 1 pair of shower shoes, sandals, flip-flops or crocs (all rubber required)
- 1 bar of soap with soap box, or liquid soap
- 2 towels, bath (white)
- 1 wash cloth or small towel (white)
- Feminine hygiene products if applicable
- Note: Towels and washcloths **MUST** be white for laundry purposes

Miscellaneous items

- 1 insect repellent
- 1 Moleskin pad (can be found in first aid kits)
- 1 pair of work gloves (leather preferred)
- 2 twin size sheets; white preferred
- 1 twin size blanket; conservative, solid color preferred
- 1 pillow with case; white case preferred
- 1 lip balm
- 1-Orange Reflective Vest
- 1 sunscreen (at least SPF 15)
- 1 small flashlight, excessively large lights and MagLites are not allowed
- 2 sets of batteries for flashlight
- 1 laundry bag
- 1 permanent marker, laundry safe
- 1 pocket sized notebook
- 1 pen, black or blue ink and 1 pencil
- 6 clothes hanger
- Garment bag (recommended)
- Sewing kit (recommended)
- Iron (highly recommended)

- Ironing board (recommended)
- Starch (recommended)
- 1 shoeshine kit (equipment and supplies)
- Ruler/measuring tape (Highly recommended)

Do NOT Bring The Following Items:

- Electronics (exception-a small camera is allowed)
- Knives, Guns, Weapons of any kind
- Alcohol or illegal drugs
- Food, drinks, or drink mixes of any kind (exception-water in your canteen)
- Non-religious reading material
- Time devices (Watches, alarm clocks, etc.)
- Hydration packs/Camelbacks

If you have any questions about this packing list, contact MOWG CTG Staff at mowgctgstaff@gmail.com